How my local People & Places platform has enabled a personalised approach to community living for my sons.

My personal experience
Rachel Mason
Mum of 2 young adults with personal budgets
My name is Gregory.
I am 26 and living in my own flat
Before People&Places I had no way to keep in contact with my friends from school who are now supported by care providers or going to the day centre.

Hi I am Shaun.
I am 24
I live in my own home too.
I struggle to motive myself to go out
I find it difficult to find local things to do and organise myself.
Siloed ‘specialist’ support services

*Hindsight is a marvellous thing,* but the siloed services I fought so hard to get, separated and isolated my sons from their natural peers who were to be their neighbours, friends perhaps or even employers in the future.

The relatively small period of 19 years spent in specialist nurseries, schools, colleges, respite break services were miles away from the community in which they were to spend the other 60 years of their lives.

Even in adulthood, the offers of Daycentres are often many miles away from the very communities our sons & daughters need to make those vital connections.

By using Direct Payments my sons began to reconnect with his community became a member of it and participated in local events and clubs. Now he has 100’s of allies who step in and facilitate difficult situations he gets into.
Providers become more aware of their impact

Introducing life mapping at annual reviews
Will help reflect the projected support needs and evidence progress

The young person, their family, the care provider and the day services around them are ultimately working together [in a preventative approach] so as not to build an unnecessary dependence

With a personalised approach to services – by increasing a young person’s independence by just an 1hr a day can reduce their long term dependence on funded support by £5000pa

www.247grid.com
Greg was not making any progress in the day centre.
<table>
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<tr>
<th>Skills to gain</th>
<th>Aspirations</th>
<th>Things that are important to me</th>
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<tbody>
<tr>
<td>House keeping</td>
<td>Sharing a house</td>
<td>Friendships</td>
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<td>Being safe on the roads</td>
<td>Becoming a volunteer</td>
<td>Choosing my support</td>
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<td>Cooking</td>
<td>Going to the pub</td>
<td>Belonging to my community</td>
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<td>Shopping</td>
<td>Having a job</td>
<td>Learning</td>
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“It’s easier when services organise thing!”

The manager of the centre has these tasks to do in order to provide a service.
Is it as easy for Families to organise things?!

What is going on in our community?
What activities are out there?

Where do we find a PA/Agency?

How can we find someone to share the activity with if the budget doesn’t cover the cost?
Working towards goal of living in a place of his own EVERYDAY
How do we prevent isolation now we have this new freedom?
1:1 was not always the right solution for him?

I’m not bored.. but I’m lonely
Making your money go further

- 2.5 Days: £120
- 2.5 Days: £8phr
- 4 Days: £10phr
- 5 Days: £12phr
- 5.5 Days: £15phr

Making your money go further.
Although neighbours.. Service land makes it impossible to connect

Legitimate data protection – or providers protecting their allocated funding?
What seemed to be missing was a place where like-minded individuals & families who were trying to find meaningful day opportunities in their community and others to share the experience with, could meet and pool their limited hours.

*It should be Irrelevant who was supporting them.*
Somerset, Dorset, North Somerset and Bristol are offering a way to support people in their community

A place where people can safely meet and are empowered to manage their own lives

Use their PCP information to inform services, to help them spend scarce resources
What is out there to help him find things to do..

.. find someone to do it with?
How could I use the tools on PAP to help us?....
We'd like walking

We want Gardening

We'd like walking

Club Members
Collating the information allows community coordinators to source opportunities and focus scarce resources in the best direction.

<table>
<thead>
<tr>
<th>Gardening</th>
<th>Healthy Walk</th>
<th>Meal out</th>
<th>Go to the pub</th>
<th>Volunteering</th>
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</table>

Hobbies collated info:

- **Access** achieved in these areas
- **To source Individually**
- **To source for a group**
Where did I see that advertisement for volunteers at the allotment?

I see there is a cluster asking for a walking event in the Glastonbury area.
If his planner is empty, PAP will suggest an event for him to go to.
Encouraging others to join in

When you ‘view’ the details of the activity You will be able to see who else has already signed up to going!

It will encourage those who are too shy to try something alone, to have a go if they see someone they recognise going too

PAP helps him to find others to go with

Community coordinator

Volunteering
Gardening
Watering
Compton Allotment

People who are interested in this event:

Created by:

Add To Calendar
We all have a role to play!

• When we were looking for things for the boys to do we would come across many things that were not suitable for them.. But you can be sure they were just right for someone!

• Every single care provider across the country is doing exactly the same thing

• Perhaps you email the opportunity around your own teams, but I would never get to see it

What a missed opportunity?!
I asked ALL MEMBERS, their family and staff to map local activities - If we all do our patch, the job is done!

Daffodils, bluebells and crocus bulbs have been donated to the Brighter Somerton Committee. Councillor Jackie Medley is now looking for some volunteers to help plant them during October. Call her on 235456 if you can help!

Time on your hands at lunch time?

**Meals on Wheels** provide hot dinners to vulnerable within our community

*You will need access to a car
*Expenses are paid

Green Gardeners
20th January at 7.30pm in the Parish rooms
Victorian kitchen garden Restoration project
All skills and spare hours will be utilised!

Somerton Drama Society need
Sceney painters
Costume Launderers
Put chairs out
Feed the workers

**Call Jerry**

Churches together
We travel around Somerset raising funds for our mission by
Organising and providing
Luncheons in your local Community venues
£2.50 2 courses
Providing we have access to a good sized hall & kitchens – we’ll do the rest!

Paws-ative Walks
Dog walking with a difference!
Need something delivered locally, or need to be accompanied to walk somewhere?
Join Sarah’s volunteers 276345

Speed watch!
Volunteers needed to man the handheld cameras
For Langport Road
7.30am – 9am
Contact PC swales
01745 347660
Opportunities for Community connecting*
Please welcome your very own platform!

www.makelifemoreinteresting.co.uk
What next....

• We would like to thank *Choice support* for sponsoring the first year
• It provides FREE access to every Individual, family, support provider and community leads
• You have seen what can be accomplished with the tools on the site
• It is really important Nottinghamshire takes this opportunity to show it’s Local Authority that the platform is worth long-term funding

*With Choice & control comes responsibility*
How else can he use the platform enhance someone’s independence and actively reduce their need for paid intervention?
## Daily planner at home

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Options</th>
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<tbody>
<tr>
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<td>Cleaning</td>
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<td></td>
<td>Free time</td>
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<td></td>
<td>Lunch</td>
<td>Home</td>
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<td>Laundry</td>
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<td></td>
<td>Walk the dog</td>
<td>Woods</td>
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<td>Computer Club</td>
<td>College</td>
<td><img src="book" alt="Book" /></td>
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### Method

1. Remove the green leaf and stalk from the cauliflower and cut into florets.
On line diary and PCP system tagging
Today Greg and I talked through what he wanted to do for work. He talked about walking dogs and working in Kennels. We looked at the practical skills he would need to succeed in this career - we used these work cards.

http://www.highflyerspublishing.co.uk/shop/on-the-spot-job-cards/

Greg belongs to a volunteer dog walking circle with his Father. He walks a dog called Jess. They walked 5 miles!
Using the planning tools
**My Health & Wellbeing**

**My Medicines**
I am supported to understand and manage my medicines

**Exercise**
I am supported to understand all the different 'fun' ways that I can exercise - not just the gym! * Sport * Dog walking * Dancing * Work/volunteering * Housework

**Eating well**
I am supported to understand the relationship between food and my weight. * Choose good food and balanced diet * Portion size
My PCP

Circle of Support
You currently do not have a Circle of Support.
Find Out More
No Thanks

I'm friends with (1)

I'm in these groups (4)

My PCP / Personal care
I am supported to understand the importance of personal hygiene
Collecting evidence he is achieving his goals!
Community resource pool

Description:
This is a place where you can let people know if you have a piece of equipment that you are willing to lend others so they can participate in a sport or activity they would otherwise have to miss out on.

This could be a 'pool car' to a tandem. Fishing rods to badminton racquets, golf clubs to indoor carpet boules. A piece of Assistive technology you no longer need.

IMPORTANT. Anything advertised here will be lent at the owners own risk. We have put a template form in the group's files if you wish to ask a borrower for a deposit). You can lend something but check your house content insurance.

We will try to set up a community resource library soon, for those who want someone to oversee this for them.

PLEASE do not abuse this community spirit. It only takes one to ruin it for all.

Date Created:
22 May 2011
Group:
sharing other resources like assistive technology

Date Created:
22 May 2011

Owner:
Nadia Admin
Better innovative use of assistive technology
Group: Over2us

Description:
This is a place to advertise an opportunity/activity you have found but need to find others to pool your budget with to share the cost of support to participate.

It could also be sharing transport, sharing other resources like sports equipment or assistive technology that for a one-off, would be sensible to purchase.

People

Date Created:
22 May 2011

Owner:
Nadia Admin
Darts team required

18:30 02/06/2011 to 22:30 02/06/2011

Time-bound

**Location:** SOUTHBOURNE- The White post Inn.

I would like to set up a darts team on a a Thursday evenings.

I want to share a PA to support me to do this.

I have a PA who will take 3 others in his car and support all of us.

**COST:** 1/4PA costs for 4 hours = £15 (including transport expenses- door to door)

This PA will be supporting us all, so cannot support anyone with high support needs.

Anyone is welcome to turn up with their support to join us that evening.
Find a house mate

**Description:**
Welcome to this NEW group.

It is more difficult to qualify for single room housing benefit

(see the rules in the group's ourstuff)

This is a group for those people looking for someone to share a flat/house with.

Go to GROUP FORUM > Add a simple description of what you looking for in a house mate and ATTACH a single page profile about yourself.

If you want to contact each other REQUEST FRIENDSHIP to continue talking

**Date Created:**
13 April 2013

**Owner:**
Nadia Admin
Find a house mate Forum EXAMPLE ONLY

Last Edited By Nadia Admin 8 days ago

**EXAMPLE ONLY**

8 days ago

Hi. I am Nadia and I am looking for someone age 18 - 30 to share a 2 bed flat in DORCHESTER AREA.
I am looking for someone with a sense of humour.
Will keep the house tidy
Is willing to share the chores and take turns cooking
Non Smoker
Its ok if you have a pet
We will share the bills 50/50
My profile attached

Attachment: [Image]

I am a really funny person. I've friends who'll visit
I love animals and transformers. I have lots of models in my bedroom and like watching dvds and playing my wii game
I like shopping and cooking
I would like a dish washer
I like to hoover, dusting and clean windows but I do not like cleaning the bathroom very much!
I respect other people's things and do not touch belongings that are not mine. I get a bit upset if someone touches my things without asking first
I keep myself clean and tidy as I am looking for a girl friend.
I have a fish tank with Angel fish
I like to mow the grass and feed the birds on the bird table
I do not smoke and do not like the smell of cigarettes or curry
I don't like a messy house
I like recycling

Nobody has replied to this topic yet! Be the first to post a comment.
PAP supporting the whole community
mutual exchange of skills across all ages

Greg helping with Dorothy’s gardening

Dorothy helping Greg with cooking his Sunday lunch meal
How can we pool all the aspirations of the members on the site to make things happen?!
Collation of valuable Information

- Social services
- Health
- Education
- Leisure

- Housing
- Care provider Market development
- Transport
- Day activity choices
- Work opportunities

- Volunteer capacity
Collating the information allows community coordinators to source New providers, New opportunities and focus scarce resources in the best direction.

<table>
<thead>
<tr>
<th>Reading</th>
<th>Pottery</th>
<th>Cooking</th>
<th>Money skills</th>
<th>Work skills</th>
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Hobbies collated info:
- Green: Access achieved in these areas
- Red: To source Individually
- Light Brown: To source for a group
I have worked closely with Adult learning Centres
Harnessing Adult Learning to reduce reliance on services

Staying safe travelling to an event or meeting up with a friend
There is an NOCN course that can teach you this

Understanding money and managing your finances
There is an NOCN course that can support you with this

Meeting and getting to know new people in the community
There is an NOCN course that can help you with this

Running a micro enterprise/Time banking and volunteering
takes a lot of different skills to make it happen
There is an NOCN course that can give you those skills

Learning to cook and planning a meal with friends
There is an NOCN course that can deliver this
Building the market place..

Care & Support providers are adapting to the changing approaches to personalisation. New day opportunities are springing up all the time. With more self commissioned services, those that listen and can respond to service users will flourish.
The use of My People & Places and www.247grid.com in transition

An innovative way to reduce the reliance on adult social care funded support, by working proactively with families and the services around them, through their PCR*

Rachelkmason.consultancy@gmail.com
Summary

It’s a brand new world for him...
and with the right conversation from the beginning,
helping families to imagine a different kind of future
that starts with building on their achievements
and always aspiring to be

“The best that they can be”
Greg and his PA team have managed to increase his independence over 3 years and has already handed back £17,000.
Discussion

• Is there anything you can take away from this presentation and look to implement in your organisation?

• What role do you think Local authorities have to play in supporting an individual and their family to build confidence in themselves and their community, so they too can reduce their reliance on fragile social care funded intervention?

• What role has the community have to ensure people do not have neighbours who are isolated and suffering from ignorance and hate crime?